



# COOK AND EAT FOR HEALTH

**Join us to learn how to cook nutritious meals on a budget in a nurturing social environment. On completion of this collaborative and fun 10 week course, students will receive a Statement of Attainment with units from Certificate II in Hospitality SIT20316. The program "Cook and Eat for Health" is a pathway to further studies in Hospitality and to the *Stir it up!* volunteer program developed by Illawarra Shoalhaven Local Health District (ISLHD).**



On successful completion participants will receive Statements of Attainment from Certificate II in Hospitality SIT20316 in the following units:

- ~ SITXWHS001 Participate in safe work practices
- ~ SITXFSA001 Use hygiene practices for food safety
- ~ FSKOCM07 Interact effectively with others
- ~ SITXCOM001 Source and present information
- ~ SITHACS001 Clean premises and equipment
- ~ SITHCCC002 Prepare simple dishes

And receive certificates of participation in:

- ~ Healthy eating made easy
- ~ Get ready to look for work
- ~ Get that job

**Commences:** Beginning of each term

**Attendance:** 9am-3pm for 10 weeks

**Venues:** Wollongong or Shoalhaven Community College

**Cost:** \$0\* for eligible participants. Please call to determine your eligibility.

**How to Enrol:** Call Kiama Community College on (02) 4232 1050

**Register your interest now... Limited places available!**

\*This training is subsidised by the NSW Government.



**Stir it UP!**  
Sharing good food & healthy eating



**KIAMA  
COMMUNITY  
COLLEGE**

RTO ID: 90087



# About the Stir it up! program...



## What is *Stir it up!*?

*Stir it up!* is an exciting project coordinated by the Illawarra Shoalhaven Local Health District (ISLHD) Health Promotion Service.

Interested people complete a training program and are then supported to promote healthy eating in their local communities.

Since September 2010, trained volunteers have become involved with community gardens, provided nutrition talks and cooking demonstrations at schools, pre-schools, playgroups and community organisations and have participated in a number of other community nutrition initiatives.

## What do I need to do if I wish to become a *Stir it up!* volunteer?

- Complete the *Cook and Eat for Health* course run by Kiama Community College one day per week for ten weeks
- Apply to be a *Stir it Up!* volunteer
- Complete a one day workshop to learn about *Stir it up!* and the resources and support available for volunteers
- *Stir it up!* volunteers are encouraged to run at least two healthy food activities each year and attend regular training updates (2-3 hours, once or twice each school term)

Check out the webpage at <http://foodfairnessillawarra.org.au/projects-stories/stir-it-up/>

## Support and Resources

Support, ongoing training and resources are available for *Stir it up!* peer-educators to use when promoting healthy eating.

## Other Details

Acceptance to the *Stir it up!* Project will be dependent on a Working With Children Check being completed satisfactorily.

For insurance purposes, volunteers will be registered with a partner organisation or Illawarra Shoalhaven Local Health District (ISLHD).

## For more information:

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